

Local county program joins 15th annual March for Meals celebration

Davis County Senior Services is participating in the 15th annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and the home-bound and vulnerable seniors who rely on its vital safety net.

"The services that we provide our seniors in Davis County are critical and the need is rapidly increasing," said Debbie Draper, Nutrition Bureau Manager of Davis County Meals on Wheels. "Together, we can keep seniors living independently, healthier at home, and feeling more connected to their community as they age."

Davis County's Nutrition Services – part of Davis County Health Department's Senior Services – provides daily hot meals to more than 700 seniors. "We utilize volunteers to assist

in the delivery of these meals to our frail home bound clients," said Draper. "In our county, 25 percent of our Meals on Wheels participants choose between food and medicine on a monthly basis, and 79 percent eat this home-delivered lunch as their primary daily meal."

"Want to give this volunteer program a try? We would be honored to have your participation in preparing or delivering meals to our senior clients during the month of March," she said. "If you're interested in joining Davis County Senior Services for March for Meals, please contact us at your earliest convenience."

Since 2002, Meals on Wheels America has led this annual awareness campaign in an effort to fill the gap between the se-

niors served and those in need. That need is widening due to increased demand with a rapidly aging population combined with declining public and private resources, and rising food, transportation and operational costs. This March, hundreds of local Meals on Wheels programs, like Davis County Meals on Wheels, will reach out to their communities to build the support that will enable them to deliver nutritious meals, friendly visits, and safety checks to America's seniors all year long.

For more information on how you can volunteer with this county program, contact either Draper at 801-525-5095 (ddraper@daviscountyutah.gov) or Morganne Housley at 801-525-5087 (mhousley@daviscountyutah.gov).

JOIN US IN CELEBRATING
MEALS ON WHEELS
THIS MARCH!

#MarchforMeals

MARCH
FOR
MEALS
WITH
MEALS ON WHEELS

Davis County offers caregiver support classes

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail.

Classes are scheduled at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton) from noon to 1 p.m. On Thursdays, classes will be held at Golden Years Senior Activity Center (726 S. 100 E. Bountiful) from noon to 1 p.m. A light lunch will be

provided at the classes, but attendees must RSVP to Megan Forbush at 801-525-5088 by noon on Monday for that class week.

Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting in March.

Schedule:
• March 14 & 16: Better Communication – Megan Forbush, Davis County Senior Services
• March 28 & 30: Poison Control and Seniors – Denise Mealy, Davis County Health Depart-

Senior activity centers collecting email addresses

Golden Years, Autumn Glow, and North Davis Senior Activity Centers are collecting email addresses of current senior activity center attendees along with new registrants. The centers will use the email addresses to send out monthly updates, events, and activities as well as reminders

on a case-by-case basis. All email addresses collected will be kept private and used for official purposes only.

If you do not have an email address and would like to know how to sign up for and use one, please contact Morganne Housley at 801-525-5087.

Living Well with Chronic Conditions workshops will start in early April

Living Well with Chronic Conditions is a workshop that educates and helps participants with arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, emphysema, and many other chronic conditions find balance and improve health.

Participants make weekly action plans, share experiences, and help each other solve

problems they encounter in creating and carrying out their self-management program.

The six-week workshop series begins Tuesday, April 4, 6-8 p.m., and runs through May 9 at the Davis Hospital Medical Plaza (1580 W Antelope Drive, Layton).

For more information, call Morganne Housley at 801-525-5087.

Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a one hour free class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

• Wednesday, March 8, 6:30-7:30 p.m. – Cen-

terville Library, 45 South 400 West, Centerville

• Wednesday, April 12, 6:30-7:30 p.m. – Kaysville Library, 215 North Fairfield Road, Kaysville

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

Gala tickets on sale mid-March

This year's 10th annual Senior Gala Dinner-Dance sponsored by Davis County Health Department's Senior Services will be held on Wednesday, April 26, 6-9 p.m. The festive evening includes dinner and dancing along

with the musical talents of Davis High School's Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers. Tickets will be available for purchase in mid-March at your local senior activity center.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	MARCH			2 AG – Wire Wrapping 8:30 Food Bank GY – Lapidary 8:30 ND – **Legal Consultation by Appointment	3 AG – Lapidary 8:30 GY – Sit N Fit 8:30 Line Dancing 9:30 ND – Texas Hold 'em 12	
5	6 AG – Crazy Quilters 10 GY – Yoga 10 Arthritis Class 12:30 ND – Texas Hold 'em 12	7 AG – USU Food Sense Nutrition Class 11 GY – Square Dancers 7-8:30 p.m. ND – Monopoly's Birthday 11:30	8 AG – Watercolor 9 Bingo 10:15 GY – **Legal Consultation by appointment ND – Art 9 Bingo 12:30	9 AG – Arts & Crafts 9 GY – Dancing Grannies 8:30 ND – Technology Lab 11 Movie 12	10 AG – **AARP Smart Driving GY – Water Color 9 ND – Texas Hold 'em 12 Bingo 12:30	11
12	13 AG – Water Ex 9 Lifetime Fit 9 GY – Line Dancing 10 ND – Brain Games with LeeAnn 10:45	14 AG – Square Dancing 12:30 GY – Blood Pressure 10 ND – Blood Pressure 10:30 **AARP Smart Driving	15 AG – Latino Talk Art 11 GY – Sit N Fit 8:30 Senior Social 11:15 ND – Lapidary 8 Food Bank	16 AG – Memory Magic 11:30 GY – Lapidary 8:30 Caregivers Class 12 ND – Knit & Crochet 12:30	17 AG – Arthritis Ex 9 Internet 101 9:30 GY – St. Patrick's Dinner Party 6-8 p.m. ND – St. Patrick's Day Fun 11:30	18
19	20 AG – Oil Painting 9 GY – Jim Jensen on the Accordion 11:30 ND – Chancellor Gardens Presentation 11:30	21 AG – Lapidary 8:30 Chair Tai Chi 10:30 GY – Square Dancers 7-8:30 p.m. ND – Lapidary 8 Line Dancing 1	22 AG – Huntsman Center 11 GY – **Positive Aging 5-7 p.m. ND – "Using Technology to Stay Connected with Family & Friends" 10:30	23 AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Luana's Combo Band 10:30 ND – Crossword Puzzle 11:30	24 AG – Folklorico Dinner & Show 6-8 p.m. GY – Tai Chi 9 Movie 12:30 ND – Texas Hold 'em 12 Bingo 12:30	25
26	27 AG – Lunch/Trivia of the Day 11:30 GY – Oil Painting 1 ND – Health Tips with Gina 11:30	28 AG – Art 9 Tai Chi 9:30 GY – Blood Pressure 10 ND – Blood Pressure 10:30 Card Games 12	29 AG – Stay Connected 11 GY – Stained Glass 9 Bingo 12:30 ND – Art 9 Bingo 12:30 Food Bank	30 AG – Water Ex 9 Lifetime Fit 9 Food Bank GY – Caregivers Class 12 ND – Card Games/Knit & Crochet 12:30	31 **AG, GY & ND March Birthday Party AG – Canasta 1 GY – Line Dancing 9:30 ND – Texas Hold 'em 12	1
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	



Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

Kristy Cottrell, Division Director
Morganne Housley Senior Scoop Coordinator

Mailing Address
P.O. Box 618
Farmington, UT 84025

Physical Address
22 S. State Street
Clearfield, UT 84015

(801) 525-5050

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